

Name: _____

Date: _____

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B U F N U H L B F V T K B A R L E Y H C B S O N
 P K T P X E T O R I E B L C C R G L L T D R O T
 K L X O N Q X A V A B Q A O Z W X W T B H H I W
 Q M G T J E K D W V N C V R W L M H V U D W T K
 H G B A F L O U R W W J W N N J R M X C U H A P
 O Y H T E Y S Z J G J T W F K N E V L K L E L C
 K X L O J M U T D P B D V L E K G W V W I O I C
 R O K F H H A W N O J R Y O Y V T M Y H U B A V
 Z V R L Y T W P C L Z X L U K I A I O E R R N W
 M A P O N R I U A E B I A R W K E R V A B H C F
 T H O U K D B A E N N N O A H D H Z Q T S P O I
 B E B R N B T U W T O O Q E E Z W Y Q B Z Q R M
 C C K V L G H Y L A Y P E H A U T S G D X O N S
 D W R U O L F Y O S A F X D T A K P N A A X X O
 J A D G U E Y R C E O U O D C X S O C T C F R S
 L D E Y A O Y C T J X A Y I C C H Q M I E T V E
 U S E T A C F O R M X C P Q N K C E D H C E T M
 W X J T S G I R B A W O W Z C W A C D K P D N O
 X E S P O M D N Z V T T Q P O L F L Y T Y E Z L
 W Q H T T R U O L F G N I S I A R F L E S P S I
 I U T R T Z F S M L R B A R J E K I F H Z P W N
 Z P J V I F E Z B O Z P I I S T Z M V U O M E A
 A R H Y W J A B J E Z D P W K X D F L V H N M B
 P I H M L D N A F J X W Z Q K G X N V F I N C O

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|--------------------|--------------|--------------|-----------|
| self raising flour | potato flour | italian corn | soy flour |
| wheatgerm | cornflour | buckwheat | tech deck |
| semolina | polenta | oatmeal | topica |
| barley | flour | wheat | bran |
| corn | oats | rye | |